

Abstract

A palatable fruit juice based beverage composition containing a protein selected from the group consisting of whey protein isolate and a combination of whey protein isolate and whey protein hydrolysate; a carbohydrate selected from the group consisting of sucrose, fructose, HFCS 42, HFCS 55, combination of sucrose, fructose, HCFS 42, and HFCS 55, and combinations of maltodextrin with another carbohydrate selected from the group consisting of sucrose, fructose, HFCS 42, and HFCS 55; an edible acid selected from the group consisting of citric acid, phosphoric acid, combinations of citric acid and phosphoric acid, and combinations of malic acid with another edible acid selected from the group consisting of citric acid and phosphoric acid; a fruit juice or combinations of fruit juices; various vitamins, and mineral; and optional fibers and flavors and a process for making such composition. The composition containing the above ingredients is clear, has a pH of about 4.0 or less, and has a viscosity of less than about 40 centipoises.